

## Restrictions after Hip Replacement Surgery

After a hip replacement, your body requires time to heal and your muscles to strengthen. In order to prevent your new hip from dislocation, the following hip precautions are very important and need to be followed carefully. During your hospital stay, you will be given full instructions and demonstrations of safe usage activities by your surgical team, therapist, and/or nursing staff. They will help you incorporate the hip precautions into your daily lifestyle so that you can remain as active as possible.

- **Don't** put more weight on your affected leg than indicated by your surgeon.
- **Don't** flex or bend your hip more than 90 degrees (a right angle). Avoid low stools, low chairs and low toilets. Add a seat riser or pillow so that you do not bend more than 90 degrees at your hip.
- **Don't** lean forward while sitting in a chair or as you sit down. Never lift your knee higher than the level of your hip.
- **Don't** rotate your hip (turn it in or out). Keep it in neutral position with your toes pointing forward. Also, keep your feet squarely under your body. A general rule is to not spread your feet more than 12 inches apart while standing.
- **Don't** step in and out of the car. Sit on the edge of the car seat and pull your legs after you. When getting out of the car, lift both legs out and place them on the ground before standing up.
- **Do** use the appropriate adaptive equipment to help you pick things up off the floor, put your shoes on or bathe.
- **Do** cross your legs at the ankles and not at the knees.
- **Do** lie on your back instead of either side for six weeks after surgery. Then, you may lie on the unaffected side with two pillows between your knees.
- **Do** wear comfortable shoes. Avoid heels, flip-flops and shoes with poor support.
- **Do** remain active by participating in daily activities such as walking, swimming (after six weeks), or light bicycling on a raised seat. Do not participate in any vigorous or high impact activities.
- **Do** remember: although you have a new hip and it may feel great, it is not a completely normal hip. Follow the instructions given to you by your surgeon and therapist.

After surgery the appropriate equipment will be made available to you. Some examples of available equipment are:

- Reacher or long-handled grasper
- Long-handled shoe horn
- Long-handled bath sponge
- Stocking aid
- Toilet seat riser
- Elastic shoelaces